

Lambton Kent Composite School

J. Keane, Principal



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Course: Healthy Active Living, Grade 10 **Course Code:** PPL 20 **Grade:** 10
Course Type: Open **Credit Value:** 1 **Prerequisite:** None
Curriculum Document: *Health and Physical Education, Grades 9 and 10, 2015*
Textbook: Healthy Active Living **Teacher:** D. Kominek

Course Description:

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices.

Required Materials:

For classes in the gym, students are expected to come to class every day prepared with:

Gym shirt Gym Shorts Running Shoes

For classes in the classroom, students are expected to come to class every day prepared with:

3-Ring Binder Paper Pens/Pencils

Units of Study:

- | | |
|-----------------------------------|------------------------------------------|
| 1. Interactive Activities | 6. Body Management |
| 2. Fitness | 7. Healthy Eating and Nutrition |
| 3. Large Group Outdoor Activities | 8. Conflict Resolution |
| 4. Large Group Indoor Activities | 9. Personal Safety and Injury Prevention |
| 5. Small Group Indoor Activities | |

Evaluation: A student's final grade in the course will be determined as follows:

70 % TERM MARK A student's term mark will include a variety of evaluations such as daily in-class evaluations, tests, quizzes, assignments and presentations and will be marked according to the following weightings.

| | | | |
|-----------------------------|-----|----------------------|-----|
| Knowledge and Understanding | 20% | Application | 55% |
| Communication | 15% | Thinking and Inquiry | 10% |

30 % SUMMATIVE EVALUATION The summative evaluation will be in the form of written tests and physical performances.

Late Assignment Policy:

Students are expected to submit all assignments within the time frame specified. While teachers will consider extenuating circumstances, late students are subject to mark deductions. If an assignment is late, a penalty of 10% per school day will be deducted, up to a maximum of 50%. Once assignments have been returned to the class, late submissions may receive a mark of **zero**.

Student Expectations: In order to be successful in PPL 20 all students must:

1. Attend class every day:

Physical Education is a participation based class. To be successful in this course, you need to attend every class and fully participate to the best of your abilities. During the health units, if you are absent it is YOUR responsibility to obtain notes from a classmate, catch up on missed work, find out about any upcoming evaluations, and see the teacher if you need assistance.

2. Arrive to class prepared to work physically and mentally:

Class time is precious and will not be wasted going to your locker or to the washroom. Make sure you bring the required materials and use the washroom during breaks. A mark out of 10 based on effort, participation, attitude, and attendance will be given daily. Students should be in change room before bell goes that begins class. Students are expected to start activity 3 minutes later. Class will be dismissed 5-7 minutes before the end of the period to allow students time to shower and change. Students are to stay in the Phys. Ed. Corridor by the Wall of Fame picture until the end of the period.

3. Be Responsible:

Students should report all injuries to the teacher immediately. Do not leave any valuables in the change room. Your teacher is not responsible for lost or stolen items. Please use the equipment with extreme care. Do not use damaged equipment. Report any damaged equipment to your teacher immediately. Use of all equipment and all facilities must be done under the supervision of a Teacher.

4. Make arrangements for any missed tests/quizzes.

If you know you are going to be away on the day of a test (sport/club etc) make sure you make arrangements with the teacher to write the test at an alternate time. For unexpected absences, see the teacher BEFORE CLASS on the day you are back at school. Tests or quizzes missed due to TRUANCY will result in a mark of ZERO.

5. Homework:

Homework may be given during the Healthy Living units. It is expected to be completed as directed by the teacher.

6. iPad Policy:

In this class students may use their iPad in a variety of ways. During class time it is expected that students will not use iPad's for **games**. Failure to adhere to this policy will result in removal of iPad from student use. For classes in the gym where the iPad's are not needed, they should be locked away in a safe place.

I understand the above expectations and I am ready to be successful in Physical Education:

STUDENTS SIGNATURE

PARENT'S SIGNATURE

